



Community Partner News

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Supporting Mental Health In BIPOC Communities



Celebrated in July, BIPOC Mental Health Month (formerly National Minority Mental Health Awareness Month) highlights the unique mental health challenges and needs of historically disenfranchised or oppressed racial and ethnic groups in the United States. Black and Indigenous people, and other people of color (BIPOC) experience a broad spectrum of ongoing discrimination, oppression, and inequity that foster both collective and individual trauma in those communities.

Therapist and co-chair of Pine Rest's Diversity Equity and Inclusion Task Force, Elizza LeJeune, LMSW, will speak with WOOD's Rachel Ruiz in July to discuss topics to bring more awareness to some of the challenges individuals in our BIPOC communities face and tips on how to navigate care, cultural archetypes and racial trauma.

Diversity Collective: Culturally Responsive Care Improves Outcomes



Pine Rest's Diversity Collective helps connect people from the BIPOC community seeking treatment with Pine Rest clinicians with a similar racial or ethnic background, which makes treatment more comfortable and improves outcomes. Diversity Collective clinicians are available for in person and telehealth appointments.

The Diversity Collective flier is available in bulk quantities for provider offices to share with your patients.

[Learn More About Our Diversity Collective](#)

[Diversity Collective Flier: Order Copies](#)

Encouraging Men to Strengthen Their Mental Health



**Strengthening
Men's Mental Health**
June is Men's Mental Health Month

**PINE
REST** Christian
Mental Health
Services

National Men's Health Month is about encouraging the men to take care of themselves by eating right, exercising, working to prevent disease, AND strengthening their mental health! Known as resilience, this type of strength helps us to bounce back from adversity, deal with everyday stress and live life to the fullest. Feel free to share Pine Rest's collection of health tips for men with your clients.

Transition Clinic: Providing Critical Services After Discharge and Reducing Suicide

Last summer, Pine Rest launched a new program to provide a higher level of support after patients leave the hospital called the Transition Clinic. The first of its kind in West Michigan, the program provides care for up to 90 days after an adult is discharged from inpatient, partial hospitalization or psychiatric urgent care. Having support and access to critical services during that time is proven to reduce readmission and suicide. The Transition Clinic served approximately 2,500 during its first year.



[More About The Transition Clinic](#)

Summertime Self-Care Strategies



Self-care isn't just for patients. Make this summer your season of prioritizing self-care with these tips from Jean Holthaus, LISW, LMSW.

[Learn About Jean's Summer Self-Care Strategies](#)

Virtual Training: Implicit Bias



This training will provide a foundational understanding of implicit biases, its impact on healthcare, barriers it may cause in providing equitable care, and strategies healthcare providers can utilize to increase individual and systemic awareness and interventions.

Presenter: Diana Ro, PsyD

Tuesday, July 12

Noon-1:00pm

-OR-

Thursday July 21

Noon-1:00 pm

Cost

No charge for Pine Rest Staff

\$35 for Non-Employees

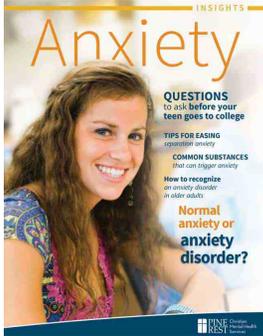
CE Credits

One CME credit for medical professionals (RN, MD, DO) and one CE credit for Social Workers and Psychologists will be provided.

Register For July 12 Training

Register For July 21 Training

Anxiety Insights Magazine



Our *Anxiety Insights* magazine examines the types of anxiety disorders, their effects in children and adolescents, how it impacts college students, women, older adults, panic disorders, phobias, substance/medication-induced anxiety disorder, treatment options, and so much more.

We invite you to share with your clients or organization our *Anxiety Insights* magazine. It is available online and the printed version can be ordered through our website, along with our other publications; please note the number of copies you'd like in the comments section.

[Download Anxiety Insights Magazine \(PDF\)](#)

[Order Anxiety Insights Magazine \(printed copies\)](#)

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Pine Rest Christian Mental Health Services
300 68th Street SE
PO Box 165
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